



Tulare County Employee Wellness Program

August 2015

“Creating Healthy Habits”



Sun	Mon	Tue	Wed	Thu	Fri	Sat
County SJVIA Insurance Subscribers: It's not too late to earn 200 points and receive a \$50 incentive (<i>Deadline of 12/31/15</i>) Login to the website: www.sjviawellnessworks.com Select: For a more comprehensive view of each program or to view past programs, go to the Incentives page						1
2	3 Online Video: “Learn Healthy Habits As A Family” <i>Model healthy habits</i> Click here to view the 2 minute video all month	4 Fitness Class: “YOGA” Visalia Gov’t Plaza <i>See page 2 to Register</i> Webinar: “Diet and Nutrition” See page 2 to Register	5 Fitness Class: “YOGA” HR&D <i>See page 2 to Register</i>	6	7	8
9	10	11 Fitness Class: “YOGA” Visalia Gov’t Plaza <i>See page 2 to Register</i> Weight Watchers Informational Meeting See page 2 to Register	12 Fitness Class: “YOGA” HR&D <i>See page 2 to Register</i>	13 Weight Watchers Informational Meeting See page 2 to Register	14	15
16	17	18 Fitness Class: “YOGA” Visalia Gov’t Plaza <i>See page 2 to Register</i> Webinar: “Strategies for Multi-generational Caregiving” See page 2 to Register	19 Fitness Class: “YOGA” HR&D <i>See page 2 to Register</i>	20	21	22
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30	31	<div>    </div> <p>See page 3 for all 52 Hints</p>				

WEBINARS

"Diet & Nutrition"



Eating healthy can be hard in today's fast-paced world. Many of us resort to fast food as we rush to our next appointment. Eating right is one of the keys to a healthy life. Join us to learn some tips and guidelines for keeping your diet healthy.

Date: August 4, 2015

Times: 11:00 AM or 2:00 PM

To register, select the link below:

<https://doctalk.webex.com/mw0401sp13/mywebex/default.do?siteurl=doctalk>

"Strategies for Multigenerational Caregiving"

Anthem® EAP

Learn about the emotional and financial impact of caring for parents and supporting children at the same time. Find coping methods that help restore work-life balance and help you bounce back.

Date: August 18, 2015

Times: 9:00 AM or 11:00 AM

To register, go to www.anthemeap.com and log in using the code, *County of Tulare*. Sign up by going to Online Seminars on the right side of the page.

ONLINE VIDEO

"Learn Healthy Habits as a Family"



Help your child eat healthy and stay fit by modeling healthy habits.

Date: Available all month

Time: Anytime of day

To register, select the link below:

https://mydoctor.kaiserpermanente.org/ncal/mdo/presentation/common/healthToolPage.jsp?path=healthtool_812885.xml

FITNESS CLASS: "YOGA"

For the month of August, the beginner-focused Yoga class that was offered on Tuesdays in the month of July will now be offered on Tuesdays and Wednesdays.

Instructed By: *Hannah Brady*

Location 1

Tuesdays: August 4—August 25
6:00 PM—7:00 PM

Visalia Government Plaza
5959 S Mooney Blvd
RMA Main Conference Room

Location 2

Wednesdays: August 5—August 26
6:00 PM—7:00 PM

Human Resources & Development
2900 W Burrel
Room 203

This class is ideal for anyone new to yoga and interested in its benefits. Yoga is a challenging and dynamic form of exercise with many health benefits. This beginner-focused class will help you build strength, increase flexibility, and relieve stress. You will learn the fundamental yoga postures and principles that create a successful and effective yoga practice.



Click on the link to register for this class:

<https://www.surveymonkey.com/r/SSJWPD6>



NEW! WEIGHT WATCHERS AT WORK

Program: \$156 for 12-Week Program Onsite

NEW PARTICIPANTS ARE ELIGIBLE FOR:

Incentive 1: 100% refund for completing the 12-week program.

Incentive 2: \$100 for 12 month maintenance of weight loss

To participate, you must attend an Information Meeting. The location of your program will be selected at the time of registration.

To register for an information meeting, select the link below:

<https://www.surveymonkey.com/r/FDXFB2D>

weightwatchers

nothing spells
health
like
H₂O

Spread a
healthy living
message
to everyone
you know

dance
to your health's delight

PROTECT
THE SKIN
YOU'RE IN

Quitting saves
more than one life

~~~~~  
*you never  
lose  
when you  
snooze*  
~~~~~

**eat
more**
to gain
less

Improve your health
one step
at a time

BE SURE
TO EAT THE
WHOLE
(GRAIN) THING

Pass me
MyPlate,
please!

wash
rinse
repeat
now, let's eat!

*Flu
prevention
isn't
seasonal*

Let gardening
grow
on you

**fruits
+
veggies**
the original
fast food

TUNE OUT
TO
TUNE IN

how many
calories
do you think
you drink?

work
on
your
balancing
act

let
music
be your
personal
trainer

52 hints to stay healthy

warm up
to getting
in shape

PLAN FOR
WEIGHT-LOSS
SUCCESS

lead
by example

A **muscle**
is a terrible
thing to waste

Take risks
with your recipes
*not your
health*

Are you making time
for good health?

Don't make
excuses.
Get moving!

1
checkup a year
can mean a lifetime

Click the links below to view the hints:

[Hints 1-13](#)

[Hints 14-26](#)

[Hints 27-39](#)

[Hints 40-52](#)

[Download all 52 hints](#)

Anthem. 
BlueCross

eating out
doesn't have
to be a
b...u...s...t

take your time to
de-stress

KEEP YOUR
HEART
BEATING
STRONG

easy
doesn't have to be
greasy

.....
Sweating
with friends
is more fun
.....

get
active

**stay
young**

~~~~~  
*Don't overdo  
your barbecue*  
~~~~~

Take the
(high blood)
pressure off

use your plate
as a
canvas

SHAKE
THE SALT HABIT

*Beware
fitness
myths!*

fruit:
nature's
candy

*Variety
is the
spice
of life*

SHED YOUR RISK
FOR DIABETES

PUT YOUR

INTO IT

**COMBAT
CHOLESTEROL**

help
your kids
do as you
do

see
your way to
a brighter
future

You don't
need a
whole paycheck
for a
wholesome meal

does
your
BMI
+
add up?

**BURN,
BABY,
BURN!**

Fight
breast cancer
**before it
starts**

planning
for
B A B Y

celebrate
in moderation

Not smoking
is an essential
part of a
heart-healthy
lifestyle

...
to ER
or
not
to ER

<https://www.anthem.com/health-insurance/home/overview>